



Child Mind  
Institute



# How Social Media Affects Your Child, and What You Can Do To Help



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# Empirical evidence is catching up to clinical judgment and parental intuition

## Daily Avg Time with Friends (minutes)

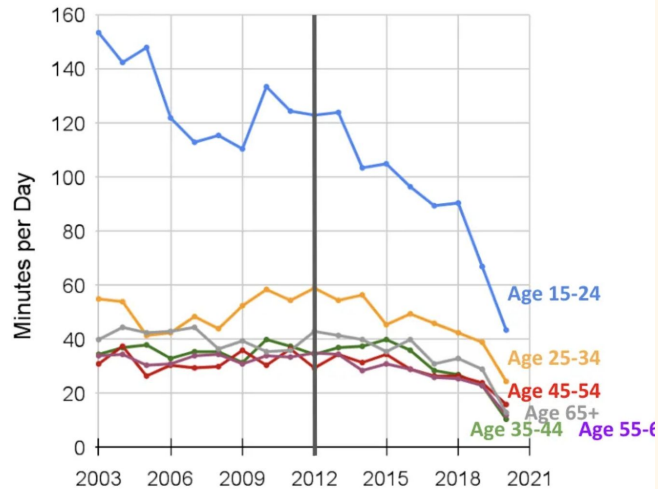


Figure 4. Daily average time spent with friends. Graphed by Zach Rausch from data in Kannan & Veazie (2023), analyzing the American Time Use Study. <sup>2</sup>

## % US Teens with Major Depression

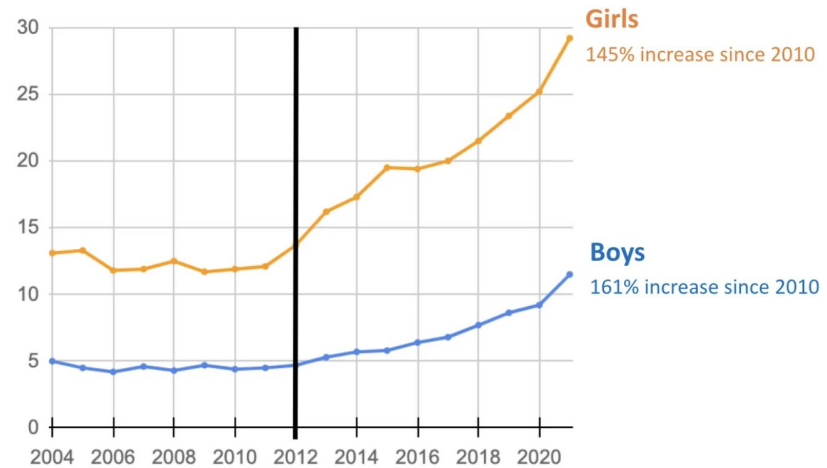
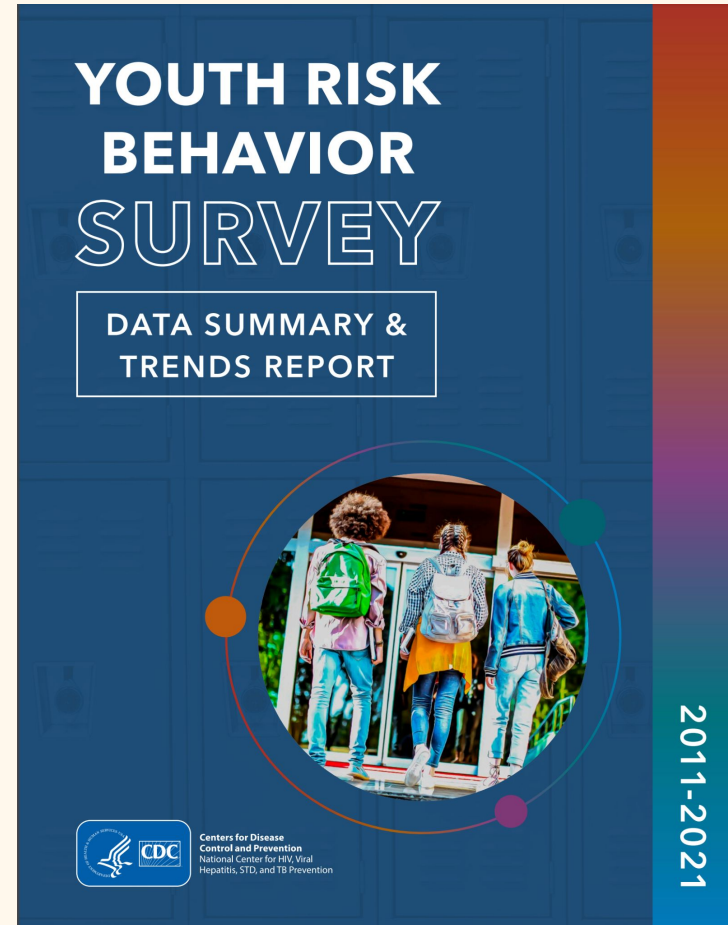


Figure 2. NSDUH data, graphed in 1.1.2 Twenge, Cooper, Joiner, Duffy, & Binau (2019), and re-graphed with more recent data by Haidt. Currently on p. 12 of the Collaborative Review doc.

# There is a real & sustained crisis in adolescent MH






57% of teen girls say they experience persistent sadness or hopelessness (36% in 2011).

30% of teen girls now say that they have seriously considered suicide (up from 19% in 2011).



Source: [CDC 2021](#)

# Covid Is a factor but not the main culprit

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health†	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	

# There is mounting evidence that social media use contributes to emotional distress in many adolescents

- Evidence for specific vulnerabilities
  - girls
  - “passive” rather than “active” use
  - pre-existing MH challenges
- Rise in rates of depression, anxiety, and loneliness track closely with rise in social media use in young people
- Algorithms designed to promote repetitive, “sticky” use of platforms
- Public policy responses are emerging



Source: [NY Times](#)

# TODAY



- 1. Discuss the link between social media and young people's mental health.**
- 2. Share practical tools parents and caregivers can use to protect their child.**
- 3. Answer your questions.**